

Fabulous Fiber Pizza

Ingredients:

- 1 pkg. yeast (15g) or 1 Tbsp of active dry yeast
- 1 Tbsp of sugar
- 1 cup of warm water
- 4 Tbsp of olive oil
- 1 tsp of salt
- 1 cup of quick-cooking oats
- 1 cup of all-purpose flour
- 1 cup whole wheat flour

Topping:

- 2 cups broccoli
- 2 tomatoes
- 1 cup yellow bell pepper
- 1 chopped onion
- 2 Tbsp chopped basil
- 2 Tbsp olive oil
- Salt
- 1 (8-ounce) package fat free cream cheese, softened

Directions:

Dough

- 1- Stir water, sugar and yeast together until dissolved. Add the olive oil and the salt. Stir in the flour + oatmeal until well blended. Knead the dough. Coat a large bowl with nonstick cooking spray, and place the ball of dough in the bowl. Cover the bowl with a clean kitchen towel, and let rise in a warm place for about 35 minutes, or until doubled in size.
- 2- When the dough has risen, punch it down, shape it into a ball, and turn it onto a lightly floured surface. The dough is now ready for shaping, and baking.
- 3- Pat dough into pan or on to a pizza stone using fingers dipped in olive oil. Bake for 20 to 25 minutes, or until light brown in a preheated 400-degree oven..

Topping

- 1- Meanwhile, in a medium skillet add the olive oil, and sauté the onions over medium heat. Add the bell pepper, salt, tomatoes, broccoli, and basil.

After the dough is baked, spread the cream cheese on and put the vegetables on the top.

Topping Variation:

Sliced bananas

Sugar

Cinnamon

Shredded low fat mozzarella.

Directions: Place the slices of banana on the dough when it's not totally baked yet (after 10 minutes on the oven). Sprinkle with sugar, cinnamon, and cheese. Put it back in the oven to melt the cheese until light brown (approximately more 10 minutes).

Preparation time: About 30 minutes

Makes 8 – 10 Servings

Calories: 300 Carbohydrate: 40 g Protein: 10 g Fat: 8 g Fiber: 5 g